

FEATURE

Understanding anger

FAITH TALK

Self-control in the face of injustice

MY STORY

Finding freedom in prison

Changing the impact of the past

Unpacking the mystery of anger



SALVOS

MAGAZINE



"The cure for burnout isn't
and can't be self-care.
It has to be all of us
caring for each other."

Emily and Amelia Nagoski
Authors





The Salvation Army is about giving hope where it's needed most.

What is The Salvation Army?

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church.

Vision Statement

Wherever there is hardship or injustice, Salvos will live, love and fight alongside others to transform Australia one life at a time with the love of Jesus.

Mission Statement

The Salvation Army is a Christian movement dedicated to sharing the love of Jesus by:

- Caring for people
- Creating faith pathways
- Building healthy communities
- Working for justice

Salvos Magazine

Founders William and Catherine Booth

General Brian Peddle

Territorial Leaders

Commissioners Janine and Robert Donaldson

Secretary for Communications and Editor-In-Chief

Lieut-Colonel Neil Venables

Publications Manager Cheryl Tinker

Assistant Editor Simone Worthing

Designer Ryan Harrison

Editorial ph. (03) 8541 4562

Enquiry email salvosmagazine@salvationarmy.org.au

All other Salvation Army enquiries 13 72 58

Press date 29 March 2021

Printed and published for The Salvation Army by Commissioner Robert Donaldson at Focus Print Group, Rowville, Victoria

Some photos in this magazine were taken prior to the COVID-19 pandemic.



salvosmagazine.org.au



Understanding anger

Anger is a secondary emotion fuelled by a range of primary emotions such as fear and sadness. These, in turn, can come from experiences of loss, disappointment or discouragement.

We all feel anger at different times, to varying degrees. The experience of anger can range from mild irritation, to frustration, all the way up to seething rage. Anger can also be good – a warning that something is not right, or the motivation to stand up against injustice.

Too often though, anger can get out of control, with devastating consequences.

In this edition, Duncan Morris shares his 30-year journey with anger, how he has worked with it so it no longer controls his life, and how he now helps others who are facing similar struggles.

Karen Lattouf also writes about anger, and shares ways to understand and respond to this emotion in order to rebuild lives and relationships.

My Story this week features Kevin Lawler and how, after a turbulent and troubled life, he found freedom in prison through a relationship with God.

For all these stories and information on where to get help, go to salvosmagazine.org.au

Simone Worthing – **Assistant Editor**

Understanding anger

Using a misunderstood emotion to rebuild lives and relationships

WORDS KAREN LATTOUF



I think anger would have to be one of the most misunderstood of all emotions. Anger often gets a bad rap. Most people try their hardest to avoid it, only to have it build up and, before you know it, the volcano has erupted.

Things get said that we don't mean. Yelling might happen. Other kinds of lashing out occur, and we feel justified in it all because something happened that we don't like, or that is unjust, hurtful or minimising.

Other people ignore, suppress and internalise anger, only to have it come out other ways that aren't helpful. Doors get slammed. Eyes are rolled. Sarcasm becomes a slippery art, allowing the person to say what they really wanted to say, but 'didn't mean'. Or

the dreaded silent treatment – shutting people off, either to let them know that we're not happy with them or to prevent a bigger volcano happening. Or both.

ANGER AS A RESPONSE

These descriptions of anger are only part of the story, though, and show the negative behaviours that are associated with this emotion. Anger is a response to injustice, hurt or a wrong that has been experienced. We can be angry at circumstances, at experiences and at people. Anger is often called a negative emotion, but anger is neither negative nor positive on its own. It is a response to something, just like any other emotion: fear is a response to danger, happiness is a

response to something pleasant, sadness is a response to loss. You get the picture. But, somehow, anger has been labelled and demonised and seems to have become the emotion that nobody wants.

“

Anger is neither positive nor negative on its own.

”

In addition, anger is also probably seen as negative because very often, people act in unhelpful ways when they are angry, reacting to the pain, hurt, injustice or the affront of what has happened. We're human, right? We hurt, we suffer, we don't like being treated badly. The problem is that things escalate when they're not handled with wisdom, care and restraint, and relationships suffer.

HELPFUL AND UNHELPFUL ANGER

There are ways to be angry that can actually be helpful. The Bible encourages us to be angry in such circumstances, but not to let anger lead to “sin” or “fuel for revenge” (Ephesians chapter 4, verse 26). This is interesting because many people might believe that being angry isn't okay at all. Hey, even Jesus got angry, showing his anger in ways that many of us wouldn't think was okay when he turned the tables over in the temple. There is a place for anger, however, and it's wise for us to learn how to express and use anger well.

Unhelpful anger focuses on punishing the offender, and helpful anger focuses on the offence. There's an important distinction here

– anger that focuses on retaliation and retribution toward the offender really only makes matters worse, and we begin to see the person only in terms of the offence. We define them by the hurt we feel, and it turns into an escalation of hurt, outburst, poorly chosen words – or an escalation of powerful and painful silence.

Anger that focuses on the offence, on the other hand, helps us to be more objective, and enables conversation about what happened, how it hurt us, what we'd like to be different, and how we can work together to achieve that. It recognises that there is more to the person than the offence they caused us. This wise use of anger doesn't minimise the effect of the hurt on us, but is able to speak about it in a way that values us both, the relationship and our dignity and respect.

So, if the Bible tells us not to “sin” or seek revenge when we are angry, what are we meant to do? A quick Google search of ‘How to deal with anger’ will provide a wide range of helpful tips and tools to use to help us get started.

Some of these include:

- Breathe – take some time out in the moment in order to calm down.
- Be aware of how anger affects you – do you feel it in your chest? Your stomach? Does it cause you to raise your voice? Or retreat?
- Be aware of how you act when you are angry, and how those actions affect others.
- Think well – what is happening here? What is causing my angry response? What contributes to this? Do I have all the information I need, or am I making lots of assumptions? ►

- Take time to hear the other person out, as well as asking them to hear you.
- If you are both very heated, agree to have a break and make a time to come back to the conversation when you are both calmer.
- Do what you can to retain a sense of goodwill toward the other person, and don't define them by this harm that they have caused you.
- If you feel unsafe when another person is angry with you, or if you feel that your anger gets out of control, seek some professional support that can help you navigate this and make good decisions for yourself.
- Of course, if another person's anger, or your own, puts you in any physical danger, seek emergency assistance immediately.

Even Aristotle, the ancient Greek philosopher, understood the complexity of anger:

"Anybody can become angry – that is easy; but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way – that is not within everybody's power and is not easy."

Well, Aristotle, it might not be easy, but it is possible!

Karen Lattouf is a leadership development specialist for The Salvation Army Australia.



Scan here for more on mental health.



Changing the impact of the past

Unpacking the mystery of anger

WORDS DUNCAN MORRIS

I have been working on managing my anger for almost 30 years. Today, I counsel men, women and children on how to accept their anger so it does not control them. It has taken me a long time to reach this point.

I grew up as an angry person, frequently getting into trouble due to the inevitable fights I had with family and extended family. As a teenager, anger resulted in losing my job. As a minister of religion in my 20s, I realised that anger challenged my vocation, often being angry with people who I experienced as an irritation.

I had grown up in a family where we were physically disciplined, and I assumed that was what I would do when I became a parent. When I smacked one of my girls because she would not do what I asked and saw my

handprint on her thigh, things changed – because I realised I would be in serious trouble if someone saw that. As a consequence, I went and got some help and counselling.

I was 35 when I realised that I could not exorcise my anger like it was something evil. I needed to accept it, and befriend it because my anger was telling me something.

A CHANGED MINDSET

Having grown up in a Christian family, I believed that anger was a sin. Every time I got angry, it was like a game of Monopoly, except instead of going directly to jail, I thought I was going to hell. Now I realise that my anger was telling me I was in danger and did not feel safe. That was the start of changing my mindset around anger. ▶



What I've learned since is that most anger, if not all, comes from forms of abuse – physical, sexual, spiritual or neglect. People of all ages experience anger and it's not isolated. In my work, I see more men aged between 20 and 50 because I have men referred to me from domestic violence agencies. I have also worked with women, teenagers and children.

What we need to understand is that anger is a secondary emotion and can be triggered by many things. Research also tells us that people who experience post-traumatic stress disorder can experience anger in the form of uncontrollable rage.

“

Individuals have to take responsibility for their own behaviour and own emotions.

”

Their body has been in a situation where they feared for their life and safety, so the anger that comes from their trauma can feel uncontrollable. They are triggered back to a distressing event and their body tells them they are not safe. Anger is the 'fight' part of the human 'fight, flight or freeze' response, so they try to protect themselves. I have seen 25-year-old men triggered back to the abuse they experienced when they were 10 – now they are bigger so they are using their anger to protect the child-version of themselves in their unconscious.

GETTING HELP

You know anger is a problem if you can't manage your own behaviour or you are



impacting the safety of yourself and/or others. Each individual needs to come to a point where they recognise their need for help. A friend or family member cannot tell the person – they can try, but someone experiencing this anger is unlikely to listen!

Friends and family members can encourage the person to seek help, but individuals have to take responsibility for their own behaviour and own emotions. Once they do that, they are prepared to change.

Anger may be a part of who we are. However, we need to understand it, befriend it, and use it for good instead of destroying things. We cannot change the past, but we can change the impact the past continues to have on us.

Duncan Morris is a social worker and counsellor based in Geelong, Victoria.



Scan here for more on mental health.

Salvos commit to flood recovery

Just over 12 months ago, the skies over much of New South Wales were filled with smoke as bushfires raged and temperatures soared. Fast forward to March 2021 and the skies took on a different look, with a week of torrential rain resulting in devastating floods across much of the state.

Salvation Army Emergency Services (SAES) teams swung into action to serve communities in crisis. The teams, and Salvos personnel, worked at numerous evacuation centres across the state from 19 March, serving thousands of meals to evacuees, volunteers and staff.

Recovery teams – already on the ground supporting those still impacted by the Black Summer bushfires of 2019-20 – will continue to assist people in the long term.

The Salvation Army has released \$3 million from the Red Shield Appeal fund to help with this recovery phase.

To support those impacted by the NSW floods, donations can be made to the Red Shield Appeal by visiting salvationarmy.org.au or on **13 SALVOS (13 72 58)**. You can also round up your purchase of over \$30 at any Woolworths checkout in NSW and ACT.



Self-control in the face of injustice

Taking a breath to gain perspective

WORDS BYRYCE DAVIES

One of my all-time favourite movies is *The Shawshank Redemption* – the story of Andy Dufrense who is wrongfully sent to prison for the murder of his wife.

He is a calm and measured accountant who embraces the harshness and brutality of prison life with patience and strength of character. Despite horrendous circumstances, he overcomes the brutality of prison life and remains somewhat true to his identity and integrity. He finds a way to gain some healthy community, including a character called Red, played by Morgan Freeman, who becomes his closest friend.

Andy establishes a prison library, helps educate fellow prisoners and even gets the cruel warden to allow him to manage his finances. All the while, Andy quietly and methodically organises his escape and, after almost 20 years of incarceration, finally pulls it off. He even gets some sweet revenge on the warden. It is a great story, and it is impressive to see how much power there is in a controlled response to injustice. Andy suffers immense injustices and cruelty but never gets angry in a way where he loses control. He is disciplined and clever. It's a fabulous story.

There is always something to be angry about, isn't there? I was a little bit cranky about an umpiring decision in the 2018 AFL grand final between Collingwood Magpies and West Coast Eagles at the Melbourne Cricket Ground. With just two minutes and 17 seconds remaining in the last quarter,

Collingwood, having been in front for the whole game, was just one point ahead. The ball flew into the West Coast forward line where Eagles forward Willie Rioli appeared to block Magpies defender Brayden Maynard off the ball, allowing Dom Sheed to mark just 35 metres out from goal in the forward pocket. Magpie fans believe he got the mark illegally, citing a breach of the rules. It gave Sheed the opportunity to kick the winning goal for the Eagles, thus robbing Collingwood of a 'mighty' grand final win.

“

What does self-control look like in our everyday living?

”

More than 4000 seething Collingwood fans signed a petition to reverse the result. As you can tell, I've moved on from this with grace and poise, but justice was done when 'we' beat West Coast in the elimination final last year.

So, let's move on shall we, and discuss the merits of self-control in the face of injustice and the emotion of anger.

Jesus put it this way: "Blessed are the meek, for they will inherit the earth" (Matthew chapter 5, verse 5). The meaning here is that those who can be restrained and calm with



their anger, inherit the earth. They gain stuff. It's not saying don't be angry, but rather, in your anger, don't sin. The advice is not to make matters even more destructive and damaging than they already are.

If people behave like monsters towards you, and you respond by becoming a bigger, more powerful monster, the world is just full of monsters!

So, what does self-control look like in our everyday living? In marriage and family life, the smallest things can annoy us. In families, where we would expect to find grace and acceptance, often the harshest judgments and most damaging and angry responses are made. In Australia, family and domestic violence is rampant. We have not developed good skills, especially in men, to control our anger and find ways to respond that are safe and life-giving.

When we are faced with something that makes us angry, we have the option to overcome evil with good. To choose outrageous

kindness and patience rather than to feel all violated and hard done by. Most of what gets us angry is not 'a hill to die on' and we need to just take a breath and get some perspective. Perhaps go for a walk, call a friend and vent in a safe way, or even pause and try to see the funny side of things.

Some of us need to get some help – through courses and counselling – to find a better understanding of our thought processes and beliefs about anger. Maybe it is a learned behaviour that needs to be unlearned.

I will always be angry about the umpires in that 2018 grand final, but I am finding a way to be self-controlled and calm.

I wonder, though, if that petition is still active?



Scan here for more on finding meaning.

Finding freedom in prison

Kevin finds peace and safety after a turbulent life

WORDS STAFF WRITERS

Born in Sydney in 1974, with an older brother and sister, Kevin Lawler and his family moved to Logan City, between Brisbane and the Gold Coast, when he was seven. He was a happy child.

Mum, Joy, attended the local Salvos. Dad, Kevin, had been raised in The Salvation Army, but left when he was a young man.

Kevin (Junior) kept his distance from the Salvos – and God. He experimented with drugs in his late teens. He had numerous jobs; even owned his own company. In his early 20s, he became engaged to a young woman who, to his surprise, also went to the Salvos on Sundays. She convinced him to go with her.

Early in their relationship, the young woman ended her life. It was the third major loss of somebody close in Kevin's life. His father had died two years earlier and a friend was shot and killed one year earlier. "I didn't deal with the death of three people close to me," Kevin says. "And there was heaps of trauma. The church family was fantastic to me when my partner died. They gave me great support."

WORLD FALLS APART

Kevin became a Christian in his late 20s. He met another woman at the Salvos and they married.

"I went into a business partnership. It went well for about five years. We were making a lot of money, but I lost the company in a

hostile takeover after my business partner died in a car accident. My world fell apart. I had a breakdown. My marriage disintegrated. I left the church. I couldn't cope. I struggled. I went back to drugs and I got involved in crime. That's when my wife left."

Kevin was arrested for supplying illegal firearms. He was taken to the Southport (Gold Coast) police cells. "And, here," he says, "is where God steps in. I have absolutely no doubt about that."

“

**I have that hope, and
I have a future.**

”

At the cells, he asked to be put in touch with someone from the Salvos. "I wanted to contact Mum to let her know that I was still alive and in jail," he says. "But I couldn't remember Mum's telephone number. I asked for a Salvo because I thought the Salvos would know my mother.

"Major Kay Nelson came and, yes, sure enough, she knew Mum. I was held on remand for nine months. The court case took three years to complete. During that time, I went to the Gold Coast Salvos and did the Positive Lifestyle Program (PLP) with Major

Kay and Robin Martin. Those two women showed me the love of Christ."

At the conclusion of his court hearing, Kevin was sentenced to three years' imprisonment. "As I sat in the court and the sentence was read, I was in complete peace," he says. "I was aware of the words (of Jesus) that the truth will set you free. I was free, even though I had been sentenced to prison."

GROWING STRONGER

During his prison term, Kevin says his faith grew stronger. "I could push my face up against the bars of the prison cell and see the Glasshouse Mountains through the razor wire. I was so grateful for that view. I started to count my blessings that I was safe and at peace. That's where – in jail – I felt the joy and peace that only knowing Christ can bring."

It's also where he realised what a special person his mother was. "I told her not to come to see me in jail. But she did – many times. I broke Mum's heart many times, but she still came, no matter what. Mum has been my rock. She has always been there for me. I don't deserve her love, but she just keeps giving it."

Towards the end of his sentence, Kevin was sent to a prison camp. He was allowed to attend a local church. He recommitted his life to Christ and was baptised in the ocean.

Now back on the Gold Coast, he attends the Gold Coast Salvos, studying and working as a volunteer at the same court where he was sentenced to prison. He has completed a Positive Lifestyle Program facilitator course (see back cover) and is working with mainly younger men passing through the court system.

"Throughout my life – even before and during prison – I kept receiving the words of

PHOTO BY KIAN WORTHING PHOTOGRAPHY



Kevin and his mum, Joy, outside the Gold Coast Salvos.

Jeremiah chapter 29, verse 11: 'For I know the plans I have for you, declares the Lord, plans to prosper you and not harm you, plans to give you hope and a future.'

"All along, God has had a plan for me. Now, I am living that plan, I have that hope, and I have a future. Thanks to God."



Scan here for more on finding meaning.

Chickpea salad



Ingredients

250g cooked or canned chickpeas, 4tbs ginger dressing (see below), 1 diced red onion, 1 finely chopped red capsicum, 2tbs parsley.

Ginger dressing: ¾ cup sunflower oil, 2.5cm piece chopped fresh ginger, 4tbs soy sauce, 2tbs lemon juice, 1 clove crushed garlic.

Method

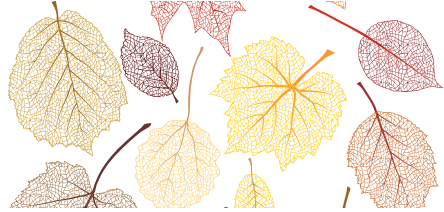
Place chickpeas in a bowl while still warm.

Combine dressing ingredients and pour over chickpeas. Toss or mix lightly together and leave to cool.

Add the red onion, capsicum and parsley.

Toss or mix lightly, and serve.

Have a laugh



What did one autumn leaf say to another?
I'm falling for you.



What do you call a snobby criminal going down the stairs?
A con descending.



How did the hipster burn his tongue?
He drank his coffee before it was cool.

Bible byte

"Whoever is patient and slow to anger shows great understanding, but whoever has a quick temper magnifies his foolishness."

Proverbs chapter 14, verse 29

The Voice translation

Wordsearch

T G T L L E A V E S C C T V Y
 P L N V E S Q K U O K T E T L
 U D I I O H S U L B H F M E L
 M H E T G I A O I G R R P E I
 P H W C R N U O I N A B E V H
 K O A B I R A L D K O N R E C
 I W W R S D Y H E J W X A R I
 N M Q Z V A U D C T N P T G T
 S K V B D E Y O U M I L U R B
 D A R K N E S S U G B P R E P
 N I X T O Q W T M S W U E E F
 C O K I J U U E F O G G Y N V
 V A W B L A N H T R A E H O V
 T B T R S T N O I T A R G I M
 Y V O O C E T A N R E B I H Z

- | | |
|-----------|-------------|
| AUTUMN | FOGGY |
| BRISK | HARVEST |
| CHANGING | HIBERNATE |
| CHILLY | LEAVES |
| COLOURS | MIGRATION |
| DARKNESS | ORBIT |
| DAYLIGHT | PIGMENT |
| DECIDUOUS | PUMPKINS |
| EARTH | RAKED |
| EQUINOX | TEMPERATURE |
| EVERGREEN | TILT |

Answers: 1. Sugars from sap inside the leaves. 2. 20 March. 3. Globally, day and night are around the same length. 4. The tilt of the earth as it orbits the sun. 5. Solstices.

Tum-Tum: is hiding amongst the flowers on page 8.

Quick quiz



1. What causes leaves to turn red and purple?
2. When was the Autumn Equinox this year?
3. Name one feature of the Autumn Equinox.
4. What causes seasons?
5. What are other solar events that have to do with the earth's position in relation to the sun?

Tum-Tum



On which page of this week's *Salvos Magazine* is Tum-Tum hiding?

Did you know?

- A group of flamingos is called a flamboyance.
- On Mars, sunsets are blue.
- No native Australian animals have hooves.

Positive Lifestyle Program

The Salvation Army's Positive Lifestyle Program (PLP) is a fully supported eight-module course that helps you gain a deeper understanding of who you are as a person. It aims to build self-awareness, self-esteem and assertiveness, while also exploring issues such as discontentment, fear, anger and fatigue. The program covers:

- Self-awareness
- Anger
- Depression and loneliness
- Stress
- Grief and loss
- Assertiveness
- Self-esteem
- Future directions

For more information, or to register your interest, go to salvationarmy.org.au/need-help/positive-lifestyle-program

Please note that the Positive Lifestyle Program is not a crisis support service. If you require immediate emotional support, we recommend calling Lifeline on **13 11 14** or visit beyondblue.org.au